

## Unstuffed Sweet-and-Sour Cabbage

Author: Andrea Albin

Source: November 2008 Gourmet



Carolyn T's  
Internet  
Cookbook

Servings: 4

*Notes: If you cook the meat mixture longer, uncovered, some of the broth and juices will cook away. If you want all of that liquid, just cover the pot instead.*

*Description: All the ingredients of stuffed cabbage, but served like a soup or stew.*

- 1 head cabbage (2-lb) quartered lengthwise and cored**
- 1/2 cup low-sodium chicken broth**
- 3 garlic cloves, thinly sliced, divided**
- 1 large onion, thinly sliced**
- 1 tablespoon olive oil**
- 1/2 pound ground chuck**
- 1/2 pound ground pork**
- 28 ounces canned tomatoes, including juice**
- 1/3 cup dried cranberries**
- 3 tablespoons red wine vinegar**
- 1 tablespoon packed dark brown sugar**
- 1/2 teaspoon caraway seeds**
- 1/2 teaspoon fennel seeds**
- 1/2 teaspoon oregano, crushed**
- 2 tablespoons Italian parsley, chopped**
- Salt and pepper to taste**

*Serving Ideas: Serve with steamed rice or mashed potatoes*

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 408 Calories; 28g Fat (60.1% calories from fat); 24g Protein; 18g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 378mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.*

Your Text Here

1. Cut cabbage into wedges and place cabbage in a deep 12-inch heavy skillet with broth, 1 garlic clove (sliced), and a rounded 1/4 tsp salt. Bring to a simmer over medium heat, then cook, covered, turning cabbage occasionally, until very tender, about 45 minutes. (Add more broth or water if necessary.)

2. Meanwhile, cook onion and remaining garlic in oil in a heavy medium pot over medium heat, stirring occasionally, until golden, about 8 minutes. Increase heat to medium-high and stir in ground meats along with 1/2 tsp each of salt and pepper. Cook, stirring and breaking up lumps with a wooden spoon, until no longer pink, about 3 minutes.

3. Stir in tomatoes with their juice, cranberries, vinegar, and brown sugar and simmer, uncovered, stirring occasionally and breaking up tomatoes with spoon, until slightly thickened, about 20 minutes. Season with salt and pepper to taste.

4. Pour sauce into skillet with cabbage and simmer, uncovered, 5 minutes. Serve sprinkled with parsley. Pour any broth from the cabbage into the mixture too.